



KANSAS
MATERNAL &
CHILD HEALTH

JULY 2018

FACEBOOK POSTS

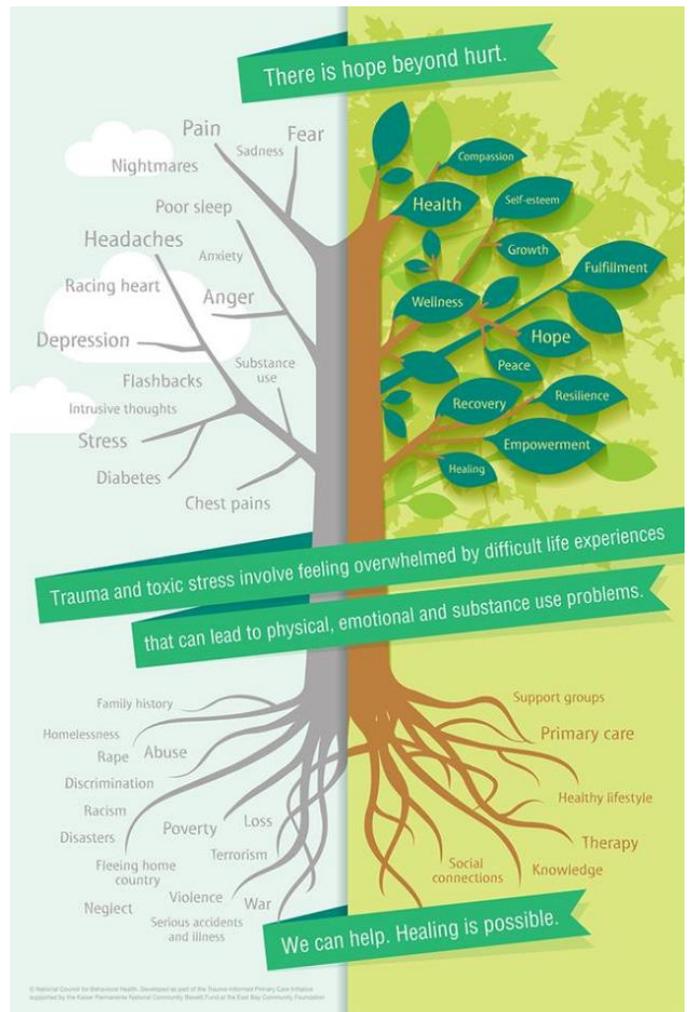


July 3

Breastfeeding may be natural, but it's not always easy! Find answers to common breastfeeding challenges or use the Office on Women's Health - U.S. Department of Health and Human Services helpline at womenshealth.gov/.../breastfe.../common-breastfeeding-challenges.

July 3

"An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, spiritual." National Council for Behavioral Health. Find trauma-informed care toolkits & resources at www.kansasmch.org/aces.asp



July 4



July 9

July is National Picnic Month! Celebrate by getting outside and eating good, healthy food.

 An infographic titled "PACKING A HEALTHY PICNIC BASKET" on a green background. The title is in large, white, outlined letters. Below the title, it says "Here are some great picnic food ideas:". Surrounding the text are several white circles, each containing an icon and a food item name.

- FROZEN SQUEEZABLE YOGURTS** (with an orange icon)
- TRAIL MIX** (with a nut icon)
- APPLE SANDWICH** (with an apple icon)

(cut round apple cross-sections, spread with peanut butter, and add a couple chocolate chips or raisins to get a tasty, mini sandwich)
- STRING CHEESE** (with a cheese stick icon)
- WHOLE FRUIT** (with a fruit basket icon)
- ANTS ON A LOG** (with a celery stick icon)

(spread peanut butter on celery sticks to make the "log," then place raisins on top for the "ants.")
- HOMEMADE "LUNCHABLE"** (with a cracker icon)

with cheese, crackers, and lunchmeat
- HUMMUS WITH VEGETABLES & CRACKERS** (with a vegetable icon)

 The Kansas Maternal & Child Health logo is also present in the center. A vertical text on the right side reads: "Information from www.SplendidDinners.com/easy-picnic-lunch-ideas-for-kids/".

July 11

This website is a helpful resource to understanding what SIDS is, SIDS risk factors, and what progress has been made toward reducing SIDS: www1.nichd.nih.gov/sts/about/SIDS/Pages/default.aspx

July 16

The difference between crisis and recovery or life and death for someone facing a mental health or substance use challenge can be one person who knows how to notice and respond to the warning signs. You can #BeTheDifference in someone's life. Are you trained in Mental Health First Aid yet? <http://bit.ly/2qDyQBK>

July 18

There are still outbreaks of highly contagious diseases. Babies and young children are particularly susceptible, which is why we start vaccinating at birth!

**The world's
#1 partner
in parenting**

BABYCENTER.COM
**If no one gets these diseases anymore,
why does my child need to be
immunized? | BabyCenter**

Find out what our expert says about why vaccines
are still needed to protect from diseases that are...



July 23

Breastfeeding requires extra nutrition, making healthy eating just as important post-pregnancy. It also important to understand that a slow, gradual weight loss of 1 pound per week or 4 pounds per month is a safe goal for breastfeeding moms who want to return to their pre-pregnancy weight. <https://www.eatright.org/.../losing-weight-while-breast-feeding>



EATRRIGHT.ORG
Losing Weight While Breast-feeding
Breast-feeding requires extra nutrition, making healthy eating just as...

5
Tips
for an active
lifestyle

MyPlate MyWins

An active lifestyle
Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym.

Get social
Get active with your friends instead of going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.

Move more at work
Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.

Do something new
Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.

Keep cool in the pool
Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.

Stay on track
Use SuperTracker.usda.gov to track your activity. Sync your FITBIT for easy entry and join a challenge for friendly competition.

List more tips

Based on the Dietary Guidelines for Americans. Go to ChooseMyPlate.gov for more information.

HHSW TipSheet No. 4 October 2016 Center for Nutrition Policy and Promotion USDA is an equal opportunity provider, employer, and lender.

July 25

Kansas Maternal & Child Health shared Get Active Kansas's post.

Get Active Kansas added 2 new photos.

July 25 · 🌐

Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym. tinyurl.com/5ActiveLifestyleTips

July 26

Babies are easily affected by heat. Here are some great ways to protect your babies from the sun and keep them cool.

For the full article see www.pregnancybirthbaby.org.au/babies-hot-in-weather.



Hot weather can be dangerous for babies because they are easily affected by the heat. They need to drink regularly, wear light clothing, and be kept cool.

Babies less than six months old should be kept out of direct sunlight. Their skin contains too little melanin, which is the pigment that gives skin, hair, and eyes their color and provides some protection from the sun.

Older babies should also be kept out of the sun as much as possible, particularly in the summer when the sun is at its strongest. If you go out when it's hot, attach a parasol or sunshade to your pram or stroller to keep them out of direct sunlight.

Apply a high factor sunscreen to your baby's skin. Many brands produce sunscreen specifically for babies and young children with a sun protection factor (SPF) as high as 30+. Apply sunscreen regularly, particularly if your baby is in and out of the sea or paddling pool.

Cover your baby's body, arms, and legs with clothing, and make sure you put a sun hat with a wide brim or a long flap at the back to protect their head and neck from the sun.

Information from www.pregnancybirthbaby.org.au/babies-hot-in-weather

July 30

ACEs are Adverse Childhood Experiences and they affect how a child develops. Check out this infographic from the Robert Wood Johnson Foundation. For the full article see tinyurl.com/about-aces.

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include



HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

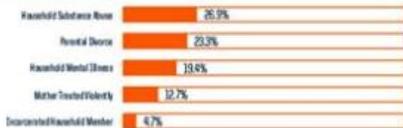
ABUSE



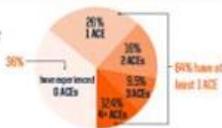
NEGLECT



HOUSEHOLD DYSFUNCTION

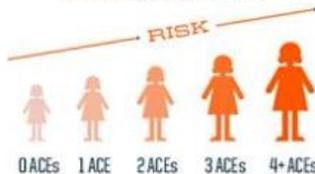


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:



rwjf.org/aces

Robert Wood Johnson Foundation

*Source: <http://www.ats.gov/aces/guide/aces.htm>